

Hawaii Marine C Section

March 19, 2004

MAG-24 outguns Staff Academy

Lance Cpl. Rich Mattingly Sports Editor

The "Dawgs" of Marine Aircraft Group 24 held off the physical play of the Staff Noncommissioned Officer Academy (with a record of 0-10) at the Semper Fit Center Monday night to improve to a record of 8-1, with a final score of 44-25.

From the tip-off, it was clear that the Staff NCO Academy was going to put up a fight as the blue-jerseyed ballers drew first blood with an arching threepointer off the right hand of Dontae Goodman, forward for the Staff NCO Academy.

With momentum on their side, the Academy crashed out to an early 8-0 lead. Meanwhile, struggling with missed free-throws and turnovers, the Dawgs still managed to pull even to the Academy.

Academy point guard Tyrone Baugh seemed to momentarily wake his team from their scoring slumber with a wicked three, but his body-breaking efforts from beyond the arc, and in the painted trenches, only kept the score close. Baugh seriously sacrificed his body for points down the lane on some questionable no-calls by game officials.

At the half, the game was still a low-scoring affair, with the Dawgs up, 14-13.

The Academy's three-point specialist, Goodman, struck again with the first score of the second half.

Hopes for a break-away quickly faded, however, as the Dawgs started to pull away with quick baskets and the solid offensive rebounding of center Tyrone Payne.

The score was soon 29-22 in favor of MAG-24, and the point disparity only increased as the Dawgs found their rhythm on the court.

Taking the lead on the court, guard Victor Velez shouted commands and set up picks, snaking passes into the lane to forward Chris Gonzales whose long reach made it hard for the Academy to stop his drives. Gonzales was also prone to dive to the paint after the ball, embodying his teams' huddle-breaking cries of

Soon the Dawgs had jumped out to a 13-point lead, and it seemed like the weight of the point difference broke the Academy's collective back. There was no looking back as the Dawgs whittled away at the Academy's defense, scoring at will in the last minutes of the game.

With a final score of 44-25, the teams congratulated each other on a hard-fought face-off.

"The first half was the worst we've played all season," said MAG-24 Coach Chris Vigil. "We tried to bring up our intensity in the second half and put on the full-court press."

"We got a little sloppy out there," said the Academy's Coach Avis Tolliver, "but life goes on, and we'll be here next game."

Although currently at the bottom of the base Intramural League standings, the Academy is looking forward to its next games, as it struggles towards a seemingly elusive first win.

"Our team plays hard, and we've got anyone who has even remotely thought about playing basketball at the Staff Academy out on the court," said Tolliver, "so I think we're doing pretty well."

(Editor's Note: See page C-2 for the latest standings.)



Marine Aircraft Group 24 center Tyrone Payne crashes the boards for an offensive rebound just in front of a reaching Dontae Goodman, forward for the Staff NCO Academy. Payne had trouble connecting with the bottom of the net from the free-throw line, but otherwise played solid basketball at the Semper Fit Center Monday night.

Semper Fit steps it up



Lance Cpl. Megan L. Stiner

Laura Byrne, fitness instructor at the Semper Fit Center, gets her class energized.

Lance Cpl. Megan L. Stiner Combat Correspondent

Fitness aerobics has become a famous exercise concept behind the efforts of high profile fitness celebrities such as Richard Simmons and Suzanne Somers. The military community aboard MCB Hawaii, Kaneohe Bay, also takes fitness to the next level by stepping it up a bit at the Semper Fit Center.

Step aerobics is a high-calorieburning, cardiovascular workout that incorporates music into a workout routine. Step aerobics is a toning exercise that involves coordination and stamina, explained Laura Byrne, fitness instructor at the Semper Fit Center. An hour-long session can burn between 250-400 calories, depending on the person's level of exertion.

See **STEPPING**, C-6

K-Bay Lanes seeks bowlers

Bobbie Brock MCCS Public Relations

Calling all bowlers! Strike up a shop team of four, then roll over the competition at the K-Bay Intramural Bowling Commander's Cup tournament to be held at MCB Hawaii's K-Bay Lanes every Monday night from April 5 through June 28 at 6 p.m.

Team members must have at least one member of the opposite sex and all members must work in the same shop or activity. The tournament is open to all MCB Hawaii active duty personnel, DoD civilians and family members, 18 and over.

This Commander's Cup tournament is designed to promote unit integrity and unit

camaraderie. Winners of the tourney will earn bragging rights and a perpetual trophy for three months.

The competition will start with an organizational meeting at 6 p.m. on Monday, March 29, at K-Bay Lanes.

The cost for the tournament is \$10 per person every Monday.

Get your team rolling today! Call 254-7693 to get in the strike zone.



BASE SPORTS:

Edward Hanlon V MCCS Public Relations

March

20 / Saturday

Youth Activities Coaches — Do you enjoy helping youth? If so, Marine Corps Community Services' Youth Activities is looking for volunteers interested in coaching youth T-ball andvolleyball.

Volunteer and get more information at 254-7610.

Championship Wrestling —

There's going to be a brawl at the Kahuna's Sports Bar & Grill ballroom, but the military police aren't bothered. That's because Hawaii championship wrestlers will be at the club March 20, and are set to rock the ring from 7 to 9 p.m.

These wrestlers know all of the moves and are ready to show you their skills. All E-5s and below, DoD personnel and sponsored guests are all welcome to attend. Plus, the Budweiser Girls will be present, as well as plenty of prize hand-

Active duty Marines and begin at 6, 7 and 8 p.m.

Sailors only pay \$8, all others \$10, and the action will get underway in the ballroom.

For more information, call 254-7661.

22 / Monday

Spring Adventure — Youth Activities is hosting the Spring Adventure Day Camp Program from Monday through April 2, and the camp will begin at 6:30 a.m. and end at 5:30 p.m. every-

Youth in grades kindergarten through sixth are invited to participate, and cost is determined by total family income.

Registration is already underway; you must be a Youth Activities member to attend.

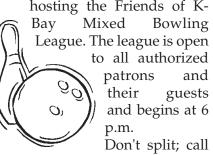
Spring Adventure Training is complete with supervised activities and snacks.

Call Youth Activities for more information at 254-7610.

Intramural Basketball — If you're not rocking the court, you need to stop by the Semper Fit Center on Mondays, Tuesdays and Wednesdays to cheer on your favorite Intramural B-Ball team. Games

23 / Tuesday

Mixed Bowling League -Every Tuesday, K-Bay Lanes is hosting the Friends of K-



254-7664 for more information.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' newest contractor for Okinawa kenpo karate kobudo classes, held from 6 to 7:30 p.m. in Bldg. 1391, located behind the 7-Day Store.

Adults and children are welcome, and classes cost only \$35 for adults and \$25 for children; each additional family member costs \$20.

Call YA for more information at 254-7610.

SM&SP Golf Clinic — Every Tuesday in March from 5 to 6 p.m., the SM&SP is hosting golf everything from swing fundamentals to etiquette, and practice up for the Shank & Slice

Tournament on Wednesday. Call SM&SP at 254-7593 for details.

25 / Thursday

Weight Management - The Semper Fit Center has

added a new weapon to its arsenal of fitness management, the Lifestyles & Weight Management Program, designed to help patrons reach a healthy weight through lifestyle changes.

Personal trainers will assist you in six, one-on-one counseling sessions, emphasizing nutrition and exercise.

Call 254-7597 now to make an appointment.

27 / Saturday

Spring Splash — Join the

MCCS aquatics crew for the 2004 Spring Splash at the K-Bay and Manana Housing base pools. Spring Splash will be held tomorrow at Kaneohe and March 27 at Manana, both from noon to 4 p.m.

This event is free to military, family members, DoD civilians and reservists. Come enjoy music, games, door prizes and

numerous other events. Call the base pool at 254-7655 for more details.

April

6 / Tuesday

Coaches Meetings — Softball coaches should attend an organizational meeting April 6 at 2 p.m. at the Semper Fit Center. Volleyball coaches will also hold an organizational meeting, April 13 at 2 p.m. in the Athletic Office of the Semper Fit Center.

Intramural Basketball Standings clinics for \$40 per person. Learn

	Wins	Losses
1/12	4	0
MAG-24 Bulldogs	7	1
3rd Marines	7	3
Mess Hall	6	2
ETD Monsters	6	3
MALS-24 Warriors	5	4
HMH-363 Red Lions	4	4 *
VP-4 Skinny Dragons	4	4
CPRW-2	4	5 *
MALS-24 Supply	4	6 *
MCAF	4	6
HQBN Second2None	3	6
VP-4 Topside Dragons	2	7 *
SNCO Academy	0	9

(Intramural Basketball standings are current as of March 6.) *Records changed because of forfeit.

Base All Star

NAME: Laura Byrne

SPORT: Fitness Aerobics

TEAM: Semper Fit staff

- Byrne, 31, is new to the Semper Fit Center, and leads the "Step and Sculpt" class.
- Byrne is an AFAA-certified instructor.
- Originally from Maryland, Byrne has been involved in step aerobics since she was 16 years old.

"Step aerobics is a great way to boost energy and relieve stress."

Intramural Baseball Standings

	Wins	Losses	Ties
MAG-24	7	1	
VP-4	4	4	2
3/3	4	4	1
1/12	3	1	2
HQBN	3	3	1
VP-9	2	5	

(Intramural Baseball standings are current as of March 10.)

COMMUNITY SPORTS

HOSVCBN Hosts B'ball Tourney

Participate in the 3-on-3 Basketball Tournament, March 27 beginning at 8 a.m. at the Camp Smith Gym. Cost is \$15 per team and \$5 per man, per event: three-point shoot out, slam dunk challenge and free throw shootout.

All proceeds go towards the 2004 Headquarters and Service Battalion, Marine Forces Pacific, Marine Corps

Tournament champions and event winners will take home trophies and prizes, in this first of many events planned by the Marines of Camp H. M. Smith.

For more details, contact Sgt. Demetre Riddick at 477-8394, or contact Sgt. Chris Brothers at 477-8594.

Sea Scouting Opens to New Members

Teens ages 14 - 18 who are interested in learning to sail and operating or steering a boat, powerboat or other outdoor adventures such as scuba diving, can do all this and more as members of Sea Scouting.

Sea Scout Ship 64, sponsored by the USS Missouri Memorial Association at Ford Island, is inviting all interested boys and girls to join the group, which meets aboard the Battleship Missouri (BB-63) at Pearl Harbor and at Keehi

Marina. The group owns two 20-foot Auditorium in Hilo, and sailboats.

Sea Scouting is a national program that has been around for more than 90 years. Scouts elect their own leaders, and plan and run their own program under the guidance of experienced adults. Activities aren't just nautical, either, as social events are part of the schedule.

For more information about this invitation to a meeting, call Win Davis at 261-3967.

Hawaii to Host Martial Arts Contests

"Rumble on the Rock," full-contact fighting events that showcase the skill of various martial arts forms throughout the world, will showcase on various dates on the islands of Oahu and Hawaii.

The contests aim to provide positive role models and guidance for today's youth. They will consist of a minimum of six events, using jiu-jitsu, boxing, karate, kickboxing, wrestling, pankration, tae kwon do, free-style fighting, judo and other forms of martial arts.

Mark your calendar for the following

- May 7 at the Neal Blaisdell Center, Aug. 21 at the Stan Sheriff Center,
- •Oct. 16 at Afook-Chinen Civic

• Dec. 11 at the Neal Blaisdell Center. For more details, or sponsorship opportunities, call 640-4746.

Hikers Invited to Makaha Trek

Reservations are required for one of the most scenic trails on Oahu, with lofty views of Makua Valley and Mount Kaala (in the distance). The Hawaii Trail and Mountain Club invites intermediate hikers to participate on its five-mile trek to Kuaokala Ridge in Makaha, Sunday at 8 a.m. To register, contact coordinator Steve Brown at 247-8845.

A \$2 donation is requested from each nonmember, ages 18 and over, and a responsible adult must accompany children under 18. Firearms, pets, radios and other audio devices are prohibited on hikes.

Ironman Qualifier Slated for June 13

Open to Hawaii residents only, the inaugural Honu Triathlon, the official Hawaii Ironman Triathlon World Championship Qualifier, is slated for June 13 on the Kohala Coast of the Big Island. The qualifying race will begin with a 1.5K (2.4-mile) swim start at Hapuna Beach State Park, followed by a 40K (112-mile) bike course encompassing a portion of the Queen Kaahumanu

Highway, and then wrap up with a 10K (26.2-mile) run entirely within the Mauna Lani Resort. The course must be completed in 17 hours (with cutoff times

for each segment). Only 35 qualifying slots will be available for Big Island triathletes, 20 qualifying slots for triathletes from neighboring islands. Anyone can participate; however, only residents of three-plus years are eligible for qualifying slots that move on to October's Ironman Triathlon World Championship.

To register or get more information about the triathlon, call 326-7820 or email jvidgen@currentevents.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks on vacation or just visiting for the day, you should check out Bellows Outdoor Adventures programs. For more information, call Turtle Cove at 259-4121, anytime between 8 a.m. and 8 p.m.

Hawaii Marine Accepts Sports and Recreation Briefs

Advertise sports and recreational activities of general interest to the DoD community in the Hawaii Marine.

E-mail items to editor@hawaii marine.com, or call the staff at 257-8836.

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HE BOTTOM LINE

(Editor's Note: "The Bottom Line" is the Hawaii Marine's weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll either agree with one of their takes or disagree with both.

Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil.

Remember, "If you don't speak up, you wo't be heard")

What teams are going to the 2004 Final Four?

Capt. Kent Robbins The Professor

Yes. It is that time of year again. It is the time when America unites under its own form of insanity, "March Madness!"

It reminds me of the grade school days when my friends and I would contract some inexplicable illness that always seemed to infect us on that faithful Thursday and Friday in March when the first round of NCAA tournament play begins.

In a strange twist of fate, our fathers contracted the same illness, and we all determined that the best way to get healthy was to meet at a friend's house and take our medicine, which consisted of hot dogs,

hamburgers and assorted "beverages."

Amazingly, we all recovered and returned to school and work, following respectively, the Monday. This was life in State College, Pa.

Fast forward to 2004. Now, I am the one who is married. The wife and kids have no idea what "March Madness" is, and the Marine Corps fails to recognize sick days. So, it is time for "The Bottom Line" to offer some insight into 2004's version of the "big dance."

To ensure that The Goat and I don't wind up at job interviews former University Washington head football Coach

See PROFESSOR, C-5



Sgt. Joe Lindsay The Goat

Predicting the 2004 NCAA Men's Basketball Final Four depends not so much on picking who the best teams are, but rather on choosing which teams are the least likely to choke. It's hard for any rational person not to pick Duke to go all the way again; therefore, the Goat won't.

Just because Duke arguably has the best program in the nation year in and year out, having won three national titles since 1991, and are led by a Hall of Fame coach in Mike Krzyzewski, doesn't mean they are not chokers at heart.

The problem with Duke teams that don't have Christian Laettner on them is that they don't play to win. They play not to lose.

Granted, Duke's 2001 team was an exception, but the 2004 team is not. They are not strong enough to overcome their coach's personality.

Just look at last week's meltdown against unranked Maryland in the ACC Championship game. Duke dominated throughout 90 percent of the game, but played like scared little chickens in the 10 percent that really mattered.

Yes, Duke had won five ACC titles in a row. Yes, Duke has a great program; that's already been established. The problem is they approach the tournament with a sense of entitlement: that they're not

See GOAT, C-5

'The Professor's opinion seemed to be a little schizophrenic'

I have got to say I agree with the meat of "The Bottom Line" takes on the latest recruiting scandals at the University of Colorado ("Can Colorado football recruiting be saved?" March 12, page C-3). However, the Professor's opinion seemed to be a little schizophrenic.

At first he acted like this was all blown out of proportion, but then in his "Bottom Line" he made a 360-degree turn and said Coach Barnett should be fired. If Coach Barnett is fired, he would be nothing more than a scape-

If he goes, then the Athletic Director, Chancellor, and President of the univer-

always being the fall guy. It is time that the higher ups take the responsibility.

Colorado has handled the situation well to this point. Nobody has been fired, and they have implemented the toughest recruiting standards of behavior in the NCAA.

The net result of this, however, is going to be just like the Goat said. Colorado isn't going to be good anymore because players aren't going to want to deal with being treated like little kids.

And then, after a couple losing seasons and losing all that money, they are going to go back to what works: treat-

sity need to go to. I am tired of coaches ing high school kids like Gods on their recruiting visits.

> Colorado will be back on top when all this blows over, once the media gets a hold of the next big school that has had some problems. The sad thing is, is that it could be anybody — since I don't believe any big-time school is any better or worse when it comes to recruiting

> Colorado is just being singled out because some reporters got a hold of a good story.

practices.

— Gordon McNeill Mission Viejo, Calif. C-4 • March 19, 2004



spotlight on health



Sergeant Melissa G. Jacobo, G-1 administration clerk with Headquarters Battalion, MCB Hawaii, stays top of making healthy choices for herself during her pregnancy.

After you quit, it's only a matter of time...

- •20 minutes Blood pressure returns to normal.
- •8 hours Nicotine and carbon monoxide levels in the blood reduce by half, oxygen levels return to normal.
- •24 hours Carbon monoxide is eliminated from the body. Lungs start to clear out mucus.
- •48 hours No nicotine left in the body.
- •3-9 months Lung function is increased by up to 10 percent.
- •1 year Risk of a heart attack is reduced by half.



Quitting smoking is one of the most important things a woman can do to improve the outcome of her pregnancy. Smokers who want to quit can get help from the American Legacy Foundation Great Start Quitline, which provides free telephone counseling 24 hours a day to give pregnant smokers the help they need to succeed in kicking the habit.

Both a mom and her baby will enjoy immediate health benefits when she quits smoking. Quitting benefits a baby by reducing the risk of miscarriage, premature delivery, low birth weight and Sudden Infant Death Syndrome.

It is never too late to quit smoking, but the first step is deciding to quit.

The Quitline is a major component of Great Start — the first national media campaign to provide free cessation counseling services to pregnant smokers in English and Spanish. Callers also receive a video encouraging them to quit.

The resources include some of the following information:

- Prepare to quit. List your reasons for wanting to quit, such as improving your baby's health and your own.
 - Set a quit date. Set a quit date and

stick to it. Throw away your cigarettes and remove ashtrays from your home, workspace and car prior to your quit date. Then do something fun and stressfree that day because you deserve it.

• Change your daily habits. Avoid situations where you are most likely to smoke

Keep your hands and your mouth busy. Learn to knit or sew, play with a rubber band, paint your nails, chew gum, munch on carrot sticks or eat a piece of hard candy. Any one, or all, of these activities will help keep you from lighting up.

•Cope with withdrawal. Withdrawal symptoms are your body's normal reaction to becoming a healthy ex-smoker. Taking walks, eating healthy snacks or playing a game are good coping techniques.

• Rally your support. Tell others of your plan to quit. Support from family and friends can increase your chances of success in quitting.

Remember that quitting smoking is difficult and very few people do it entirely on their own.

Most important, use the resources available to you, such as the Great Start Quitline at 1-866-66-START or visit www.americanlegacy.org

(Editor's Note: Call the Kaneohe Bay Branch Medical Clinic at 471-9355 for more information on getting yourself smoke-free.)

DECA urges healthy shopping

Kay Blakley Defense Commissary Agency

FORT LEE, Va. — March is National Nutrition Month, and this year's theme "Eat Smart — Stay Healthy" becomes "Shop Smart, Eat Smart — Stay Healthy" when you use your commissary benefit to buy the best nutrition for your dollar.

If you are a "good food-bad food" thinker, a fast-food or junk-food junkie, a low-fat or no-fat subscriber or even a strict, low-carb dieter, March is a good time to step back and contemplate an honest answer to the question, "How's that working for me?"

For reliable nutrition advice, based on the latest scientific research, visit www.usda.gov/ cnpp/publications.html and print a copy of the "Food Guide Pyramid" booklet. It's several pages long, but it contains such useful and easily understood information, that it is well worth the effort.

There are also publications containing tips for using the pyramid for young children and one dedicated to figuring out where your favorite foods Next, go to www.cfsan.fda.gov/~acrobat/f oodlab.pdf and print a copy of "Guidance on How

Understand and Use the Nutrition Fact Panel on Food Labels."

Use the Food Guide Pyramid as your basic roadmap, but pay close attention to what counts as a serving. Trying to squeeze five or more servings of fruits and vegetables into one day's meals may seem like a huge amount, but it's really not.

Measure servings in the beginning, if needed, until you have a firm idea of exactly what a one-half cup serving of cooked vegetables, or three ounces of meat or one-half-cup serving of cooked cereal, rice or pasta looks like.

Those high-sugar, high-fat and high-calorie favorites can still be on the menu, but only as rare treats, not as daily fare. Up to 30 percent of total calorie intake is the recommended amount, with saturated fats accounting for no more than about 10 percent of the total fat allowance.

Strict low-carb dieters will realize they are missing the important vitamins, minerals and fiber supplied by fruits and vegetables — and whole grain breads, cereals and pastas because these foods also contain carbohydrates.

It's a smart choice to include as many of these foods as possible, by focusing on those with

Lance Cpl. Megan L. Stine

Emiko Baker, a stay-at-home mom, makes sure she and her family stay healthy and happy by buying healthy foods at the base commissary. March is National Nutrition Month.

healthful menus using your or high-sodium convenience newly acquired nutrition knowledge and write out a detailed shopping list. Arrive at sweet treats when you're hun-

the lowest carbohydrate con- the commissary well rested and well fed. You're more likely to Plan a week's worth of reach for high-calorie, high-fat foods when you're tired, and to be tempted by empty calorie

Stick to your list as closely as possible, but try to take advantage of sale items. Choose the most nutritious buys by taking the time to read and compare nutrition labels.

PROFESSOR, From C-3

Rick Neuheisel, we offer our insight "for entertainment purposes only."

The early rounds will have their share of upsets: Alabama has no answer for Southern Illinois. Louisville will end Mississippi State's upstart dreams, and for all you fairweather Gonzaga fans, Michigan State will remind you that you play in the West Coast Conference.

The Maryland/North Carolina bandwagon will crash when defending national champion Syracuse ends the Terps' magical run, and when the scrappy Texas team stops the Tar Heels dead in their tracks. And if ETSU doesn't stop Cincinnati, Illinois will!

Bottom Line: After all the wins it all. upsets, one team stands alone: Duke is the only team in the tour-

nament that has everything.

Coach K gets the Blue Devils to the Final Four every year. No team in college basketball plays more big games in a season. They play stifling defense.

Chris Duhon is a court General with a knack for getting the entire team involved in the offense. Ewing is a stud and future NBA lottery pick. J. J. Redick doesn't miss free throws and will hold the ball in the final seconds to put teams away, and Williams and Deng will demand the ball and control the inside game.

Simply put, Duke has it all: coaching, experience, guard play, defenders and big

men.

Therefore, Duke

Class dismissed.

GOAT, From C-3

out to prove anything, because they've already proven themselves. After all, they're Duke.

Well, that type of attitude is great if they can keep big leads. Just don't come back from a deficit and keep it close at the end, because you might just snatch the silver spoon right out of their

mouths. Does Duke get to the Final Four in 2004?

Yes, Duke gets there. They always get there ('63,'64 '66, '86, '88, '89, '90, '91, '92, '99, and '01).

But then again, they usually lose when they do.

Bottom Line: The toughest teams that aren't going to make the Final Four are Pittsburgh, Georgia Tech, Wake Forest and Connecticut. But the real broken hearts will belong to Stanford, St. Joseph's and Gonzaga.

Those three teams' combined regular season records of 83-4 have actually given them delusions of grandeur. A wonderful insanity called March Madness.

Look for Oklahoma State to get past a tough Pittsburgh into the San Antonio night, team in the Sweet 16, and Adolf Rupp will smile, and then Wake Forest to reach the Jimmy V. will sigh.

Final Four; Kentucky to get by Georgia Tech; Duke to beat North Carolina; and upstart NC State to squash Maryland.

Then, in the best game of the tournament, NC State goes straight street cred on the pretty boys from Durham, proving that when Duke is involved, history really does repeat itself.

After Kentucky handles Oklahoma State, it will be Kentucky vs. NC State in the finals. And somewhere, after the nets have been cut down and the crowds have gone out C-6 • March 19, 2004

"Step and Sculpt" participants get moving in a step class at the Semper Fit Center. With its blend of up-tempo music and lowimpact movements, Step aerobics is an excellent way to build endurance and strength.



Lance Cpl. Megan L. Stiner

STEP, From C-1

"Step aerobics is a good way to burn calories while keeping in step with music," said Byrne. while also toning the body's muscles."

The actual "step" used during the routine is a raised platform that can be adjusted depending on the user's desired level of challenge. The higher the platform, the more difficult the workout becomes, giving the person exercising the opportunity to choose his own level of difficulty.

According to Byrne, this class is a basic step class or an introduc-

tion to step. Anyone ranging from beginner to advanced step can join the class and achieve the same benefits from the workouts.

"Fitness aerobics has many "Step class teaches coordination benefits," Byrne said. "It is an exercise that depends on the person. You get out of it what you put

> Classes run for one hour each on Tuesdays and Thursdays and tickets can be purchased at the Semper Fit Center. Individual tickets cost \$2 or they can be purchased in a book of 15 for \$10.

> More information about the step class and other fitness group classes can be obtained at the Semper Fit Center at 254-7597.